

THE FUN COOKING MAGAZINE FOR FAMILIES

CHOP CHOP

FOUNDED 2014

MARYLAND

www.chopchopmag.org

Curly Kale Slaw

This is a great winter salad, since kale actually loves cold weather! It gets even sweeter after the first frost. Kale is in the cabbage family, and some people who don't like it cooked do enjoy it raw like this.



Brett Grohsgal, Even Star Organic farm, in a field of winter greens. Even Star Organic farm offers a summer and winter CSA (community supported agriculture farm) of high quality produce and delivers this twelve months a year to the DC Metro area. They also supply five restaurants, one university, and two grocery stores. In operation since 1997, they are a Certified Organic Producer that grows a variety of herbs, vegetables, berries, and flowers. © Edwin Remsberg/ www.remsberg.com

ADULT: YES | HANDS-ON TIME: 15 MINUTES | TOTAL TIME: 10 MINUTES | MAKES: 4 SERVINGS



WASH your hands with soap and water and dry them.

CLEAN the counter top with a sponge.

GATHER all your kitchen gear and ingredients and put them on the counter.

SCRUB all the fruits and vegetables and lay them out on a dishtowel to dry.

PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN GEAR

Cutting board
Sharp knife
(adult needed)
Garlic press
(if you have one)
Measuring spoons
Measuring cup
Large bowl
Tongs or salad servers

INGREDIENTS

6 large kale leaves, washed, excess water shaken off
1 garlic clove, put through a garlic press or peeled and minced
2 tablespoons fresh lemon juice (from about half a lemon)
2 tablespoons olive oil
¼ teaspoon salt
½ cup freshly grated Parmesan cheese (if you like)
½ cup toasted walnut pieces (if you like).

"Minced" means finely chopped.

INSTRUCTIONS

1. Strip the ruffy leaves off of the kale's stems by grasping the bottom of each stem and pulling your hand up along it forcefully. The leaves will come off and leave behind the tough stems, which you can throw away.
2. Stack and bunch the leaves together on the cutting board and use the knife to cut across the stack so that you end up with skinny slivers of kale.
3. Put the garlic, lemon juice, oil, and salt in the large bowl, then add the kale and toss it all around with the tongs. Taste it, and add more lemon, oil, or salt if it needs it, to make the flavors bright and yummy.
4. Add the Parmesan cheese and walnuts, if you're using them, and serve right away.

Safety Tip

Get an adult's permission, and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

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You will receive no more than 5 messages per month and you can stop at any time by sending STOP MD to 43186. Send HELP MD for help, or call 1-877-RIPROAD. Message and data rates may apply.

KALE IS SLANG FOR MONEY

SO "GIVE ME SOME KALE!"
COULD MEAN "PAY ME BACK!"
OR "FEED ME SOMETHING HEALTHY!"

DID
YOU
KNOW?

Kale is a part of the Brassica family, making it a cousin of cabbage, broccoli, and Brussels sprouts.

Kale is a true **superfood**, jam-packed with vitamins, minerals, and health-boosting antioxidants.

PURPLE KALE



One variety of kale is called "Hungry Gap," since kale can grow during the winter when, traditionally, little else could be harvested.

DINOSAUR
KALE



CURLY
KALE



There are **many kinds** of kale: green or purple kale, curly or plain kale, and Tuscan kale, also called "dinosaur kale" because of its warty, prehistoric-looking leaves.



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&
LILLIE STRAUS
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GOOD FRACTIONS

One serving of kale gives you $\frac{3}{4}$ of your daily requirement of **Vitamin A**, and $\frac{1}{2}$ of your **Vitamin C**!